

Dive into the Truth of Aokigahara-jukai Forest

Nature

The Aokigahara-Jukai Forest contains countless caves left behind when the lava, which had cooled and hardened on the surface but was still hot inside, flowed away. The best examples of these are the Fugaku Fuketsu (Wind Cave) and Narusawa Hyoketsu(Ice Cave).

Culture

The Man'yo Poem Monument conveys to the present day the profound emotions felt by ancient poets as they journeyed and gazed down upon the foothills of Mt. Fuji. The inscribed poems express the scenery and feelings that represent the very origin of the Japanese spirit, passing down the historical and cultural significance of this region and Mt. Fuji to future generations. Reading these poems at Mt. Koyodai allows visitors to feel the unchanging beauty and majesty of Mt. Fuji, much as it must have appeared approximately 1,300 years ago.

Some of these caves continuously emit a current of cool air at a constant, low temperature (often around 0 to 10 °C) throughout the year. Utilizing this cool air, facilities were constructed within the caves to store silkworm eggs (paper sheets on which silkworm eggs were laid). This innovative use artificially extended the silkworm production season, thereby enabling a significant increase in silk output.

Food

The triangular shape of Onigiri (rice ball) is said to be modeled after the shape of a mountain, especially a sacred mountain like Mt. Fuji. It is believed that the custom began with people shaping rice into the form of a mountain where the gods resided, seeking to connect with their divine power. As the most symbolic and sacred triangular mountain for the Japanese people, Mt. Fuji is said to have served as the model for the Onigiri shape.

Let's post today's best memory on social media!

Please use the following hashtags.

#富士山 #fujisan #Mt.Fuji
#青木ヶ原樹海 #Aokigahara-jukai_forest
#青木ヶ原の真実 #Aokigahara-jukai_forest's_truth
#アドベンチャートラベル #Adventure_travel
#山梨 #Yamanashi #生命の森 #神秘的
Aokigahara-jukai forest Promotional Video
<https://youtu.be/iMRaytPUEUw>



PV



We appreciate your participation in this survey.



questionnaire


Business Planning :

Culture, Tourism and Sports Department Yamanashi Prefectural Government
Tour Planning and Execution : Tobu Top Tours Co., Ltd. Kofu Branch
Event Headquarters(HQ) Mr. Chino 080-1281-3212
Tour Conductor(TC) Ms. Watanabe 080-2195-1887



「Aokigahara-jukai forest's truth」 Lake Saiko Course

 Travel Date : November 29th, 2025

 Meeting Point : ①(Time: 9:15 AM): Mt. Fuji Station on the Fujikyuko Line (Bus Lanes 5 & 6)
※Our staff will guide you immediately after you exit the ticket gate.
②(Time: 9:45 AM): Saiko Wildbird Forest Park (2068 Fujikawaguchiko-machi, Minamitsuru-gun)

About Aokigahara-jukai Forest

This forest is a primeval forest that spreads over the lava flow expelled by a Mt. Fuji eruption approximately 1,200 years ago. Starting from an environment poor in nutrients and water, lichens, moss, and ferns established themselves. Eventually, seeds carried by insects, birds, and the wind took root, allowing trees to grow. Today, in addition to evergreen conifers like Japanese Hemlock and Japanese Cypress, deciduous broad-leaved trees such as cherry and maple are also visible. The soil layer is only about 10 cm deep. Exposed lava and a wide variety of mosses create the distinctive landscape of this area.

What to Bring

- ☐ Towel
- ☐ Rainwear
(Separate jacket and pants type)
- ☐ Umbrella
- ☐ Garbage bags
- ☐ Hat and Gloves
- ☐ Drinks
- ☐ Snacks
- ☐ Heat pad

Rules for Walking in Aokigahara

Aokigahara-jukai Forest is in Fuji-Hakone-Izu National Park. Please respect nature.

- Stay on the designated trails (or footpaths).
- Do not collect or remove natural objects, including plants, animals, and lava.
- Do not leave trash (Please take all trash home with you).
- Open fires and bonfires are prohibited.

Attire

- ☐ Comfortable clothes for walking
- ☐ Trekking shoes
Note: Waterproof shoes are recommended

